

**BEST AVAILABLE COPY****ABSTRACT OF THE DISCLOSURE**

The present invention provides a neuromuscular/proprioceptive and rehabilitation apparatus which allows tri-planar motion training of injured joints such as the ankle in a weight bearing and non-weight bearing position. The apparatus is light weight, with exacting dimensions, comprised of 3 lb. density polyethylene foam providing compression of the device during re-training of the injured extremity. The apparatus provides correct dimensions and compression to allow for an individual to retrain in a single leg standing position on the device. This stance phase is therefore much more functional than other balance and proprioceptive devices.